WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Tomato & basil pasta	All day breakfast	Roast turkey with mashed potato & gravy	BBQ chicken with baked potato wedges	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Cheese pinwheels with half a jacket potato	Vegetarian chilli with 50/50 rice	Vegetable wellington with mash potato & gravy	Vegetarian pasta bake	Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5 ADM	Peas & carrots Salad bar	Baked beans & broccoli Salad bar	Green beans & cauliflower Salad bar	Roasted vegetables Salad bar	Peas 8 sweetcorn Salad bar
DESSERTS	Rice pudding with fruit compote	Jam & coconut sponge	Fruit cobbler & custard	Spiced apple cake	Oaty biscuit with fresh fruit
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Eating all your fruit & veg will help you grow BIG and STRONG (like me!)







KEY 5 - 1 OF YOUR 5 A DAY FEE - MEAT-FREE MONDAY - CHEF'S CHOICE



